In the Claims:

1-20. (Canceled)

21. (New) A method for achieving coherence of a heart rate variability for a human, the method comprising:

providing a target respiratory rate, which is not derived from biological feedback from the human; and

instructing the human to breath at the target respiratory rate in an effort to achieve coherence of heart rate variability by synchronizing a heart rate variability cycle and a breathing cycle corresponding to the target respiratory rate.

22. (New) The method of claim 21 wherein the target respiratory rate is around about 0.085 Hertz.

23. (New) The method of claim 22 wherein the target respiratory rate is centered at around about 0.085 Hertz and wherein the method further comprises receiving an adjustment input setting from the human and adjusting the target respiratory rate based on the adjustment input setting.

24. (New) The method of claim 23 wherein the adjustment input setting includes adjustment frequencies arranged in a positive direction and a negative direction relative to around about 0.085 Hertz.

25. (New) The method of claim 24 wherein the adjustment frequencies arranged in a positive direction and a negative direction relative to around about 0.085 Hertz are bounded within a range of 0.070 Hertz to 0.100 Hertz.

26. (New) The method of claim 24 wherein the adjustment frequencies arranged in a positive direction and a negative direction relative to around about 0.085 Hertz are bounded within a range of 0.060 Hertz to 0.170 Hertz.

27. (New) The method of claim 21 comprising receiving a sensory input selection from the human, wherein the sensory input selection identifies at least one of a plurality of sensory output types.

28. (New) The method of claim 27 wherein the plurality of sensory output types includes at least one of an audible output, a visual output, and a tactile output.

29. (New) The method of claim 28 comprising generating the identified at least one of the plurality of sensory output types based upon sensory input selection.

30. (New) The method of claim 29 wherein instructing the human to breath at the target respiratory rate in an effort to achieve coherence of heart rate variability further comprises instructing the human to synchronize inhalation with a positive-going aspect of the at least one of the plurality of sensory output types and to synchronize exhalation with a negative-going aspect of the at least of one of the plurality of sensory output types.

31. (New) The method of claim 29 wherein instructing the human to breath at the target respiratory rate in an effort to achieve coherence of heart rate variability further comprises instructing the human to synchronize a peak positive heart rate with a positive peak of at least one of the plurality of sensory output types and to synchronize a peak negative heart rate with a negative peak of at least one of the plurality of sensory output types.

32. (New) The method of claim 21 wherein the target respiratory rate for achieving coherence of heart rate variability varies depending upon at least one of age and personal comfort.

33. (New) The method of claim 21 wherein the target respiratory rate for achieving coherence of heart rate variability varies depending upon at least one of age, body inclination, and personal comfort.

34. (New) A system for achieving coherence of a heart rate variability for a human, the system comprising:

a plurality of sensory output devices adapted to provide a plurality of sensory outputs; and

a controller adapted to control the plurality of sensory output devices to provide a target respiratory rate, which is not derived from biological feedback from the human, and to instruct the human to breath at the target respiratory rate in an effort to achieve coherence of heart rate variability by synchronizing a heart rate variability cycle and a breathing cycle corresponding to the target respiratory rate.

35. (New) The system of claim 34 wherein, in being adapted to control the plurality of sensory output devices to provide a target respiratory rate, the controller is adapted to provide the target respiratory rate at around about 0.085 Hertz.

36. (New) The system of claim 35 comprising a setting selector adapted to provide an adjustment input setting to the controller when adjusted by the human and wherein, in being adapted to control the plurality of sensory output devices to provide a target respiratory rate, the controller is adapted to provide the target respiratory rate at around about 0.085 Hertz, to receive the adjustment input setting from the setting selector, and to adjust the target respiratory rate based on the adjustment input setting.

37. (New) The system of claim 36 wherein the setting selector is adapted to provide the adjustment input setting representing adjustment frequencies arranged in a positive direction and a negative direction relative to around about 0.085 Hertz.

38. (New) The system of claim 36 wherein the setting selector is adapted to provide the adjustment input setting representing adjustment frequencies arranged in a positive direction and a negative direction relative to around about 0.085 Hertz bounded within a range of 0.070 Hertz to 0.100 Hertz.

39. (New) The system of claim 36 wherein the setting selector is adapted to provide the adjustment input setting representing adjustment frequencies arranged in a positive direction and a negative direction relative to around about 0.085 Hertz bounded within a range of 0.060 Hertz to 0.170 Hertz.

40. (New) The system of claim 34 comprising a setting selector adapted to provide a sensory input selection to the controller when adjusted by the human and wherein the controller is adapted to receive the sensory input selection, wherein the sensory input selection identifies at least one of the plurality of sensory outputs.

41. (New) The system of claim 40 wherein the plurality of sensory output devices includes an audio output device adapted to provide an audio output, a visual output device adapted to provide a visual output, and a tactile output device adapted to provide a tactile output, and wherein the plurality of sensory outputs includes the audio output, the visual output, and the tactile output.

42. (New) The system of claim 41 wherein the controller, in being adapted to control the plurality of sensory output devices to provide a target respiratory rate, the controller is further adapted to drive at least one of the audio output device to produce the audio output at the target respiratory rate, the visual output device to produce the visual output at the target respiratory rate, and the tactile output device to produce the tactile output at the target respiratory rate based upon the sensory input selection.

43. (New) The system of claim 42 wherein, in being adapted to instruct the human to breath at the target respiratory rate in an effort to achieve coherence of heart rate variability, the controller is further adapted to instruct the human to synchronize inhalation with a positive-going aspect of the at least one of the audio output, the visual output, and the tactile output and to synchronize exhalation with a negative-going aspect of the output of the at least one of the audio output, the visual output, and the tactile output.

44. (New) The system of claim 42 wherein, in being adapted to instruct the human to breath at the target respiratory rate in an effort to achieve coherence of heart rate variability, the

controller is further adapted to instruct the human to synchronize a peak positive heart rate with a positive peak of the at least one of the audio output, the visual output, and the tactile output and to synchronize a peak negative heart rate with a negative peak of the at least one of the audio output, the visual output, and the tactile output.

45. (New) The system of claim 34 wherein, in being adapted to control the plurality of sensory output devices to provide a target respiratory rate, the controller is adapted to vary the target respiratory rate depending upon at least one of age and personal comfort.

46. (New) The system of claim 34 wherein, in being adapted to control the plurality of sensory output devices to provide a target respiratory rate, the controller is adapted to vary the target respiratory rate depending upon at least one of age, body inclination, and personal comfort.